

FITNESS & DANCE



Tai Chi for all levels

(Ages: 16 to Adult) Tai Chi is an optimal exercise for all ages. It is an aerobic exercise without the risk of injury. Developed to enhance meditation, it was brought to this country by Da Liu. The instructor studied with Da Liu for five years and has practiced since 1981. The exercise coordinates body, mind and spirit. The movements are done in a slow concentrated manner coordinated with deep breathing. No Class April 10.

2310.201 F, 23-Jan to 17-Apr 6:30 PM - 7:30 PM
Community Center Instructor: Riley, Charles
\$60 City, \$80 Non-City Resident
Registration Begins: 1/6 City 1/13 Non-City

Women's Volleyball

(Ages: 18 yrs to Adult) Our recreational league for women 18 years of age and older is designed for those seeking exercise, skill development, and FUN -- not high level competition. All games will be self-officiated. Accepting team registrations only. There will be an 8 team limit to the league. All rosters and fees will be due upon registration. Deadline to register is March 27.

1820.300 Tue/Thur, 7-Apr to 4-Jun 6:00 PM-9:00PM
Walker-Grant Middle School Gym
\$95 per team, City and Non-City Residents
Registration begins: 1/13 City and Non-City residents
Deadline to register: 3/27
☐ Special registration form required.

It's not too late to Volunteer
at First Night Fredericksburg
2 and 4 hour shifts available • Individuals and Families welcome

Call Janet at (540) 372-1086 x204 for details!

Classes fill on a first-come, first-served basis. Don't wait...register today!

Register for all classes at the Dorothy Hart Community Center. We accept registrations in person, by mail, by fax or online.

Adult Beginner Tennis

(Ages: 16 to Adult) This class is for Adult beginning tennis players who have little or no experience, or those players who have been away from the game a bit too long. We'll walk you through the basics and get you psyched for the game of tennis. Pick up a racquet and join the fun. Make ups available June 1 & 3.

1730.310 M W, 11-May to 27-May 6:00 PM - 6:50 PM
Tennis Court #1 Instructor: Canizares, Art
\$35 City, \$45 Non-City Resident
Registration Begins: 1/6 City 1/13 Non-City

Adult Intermediate Tennis

(Ages: 16 to Adult) For those students who have completed Beginner Tennis, or those adults who have tennis experience but need some additional instruction. This class will work on game strategy and doubles play, as well as helping you to develop more strokes. Make ups available June 1 & 3.

1730.315 M W, 11-May to 27-May 7:00 PM - 7:50 PM
Tennis Court #1 Instructor: Canizares, Art
\$35 City, \$45 Non-City Resident
Registration Begins: 1/6 City 1/13 Non-City

Memorial Park

Memorial Park (sometimes referred to as Kenmore Park) is located on the corner of Kenmore Ave. and Mary Ball St. Memorial Park is equipped with 2 unlit tennis courts and 6 tennis courts that are lit from dusk - 10PM throughout the year, as well as a tennis practice wall, basketball court, youth soccer field, children's play equipment, and a toddler play area.

Volksmarch

Spring Volksmarch at Ferry Farm!
May 2-3, 2009

FREE family friendly walk through Washington's Boyhood home and historic Fredericksburg!

<http://www.walkvirginia.com/Events.htm> for info



FITNESS & DANCE CONTINUED...

AEROBICS SCHEDULE

The fitness classes listed on this page are interchangeable with your purchase of the punch card.

12 classes: \$37 City/Non-city Resident 24 classes: \$60 City/Non-city Resident \$24 punchcard for 8 classes: Gentle Stretch

** As always, we invite you to try any of our aerobic classes for the first time FREE! To suit your life-style we have a punch card system for aerobics that's easy and convenient to use. Just purchase a card for either 12 or 24 classes, then YOU pick the classes you attend. You have up to 8 weeks to use the 12 class punch card, and 12 weeks to use the 24 class punchcard. You only use a "punch" when you attend a class. See how easy we've made it to get in shape?!

Early Morning Sculpt & Tone

Start your day off guilt free with this early morning workout. Pam will get you moving and feeling great with a total body workout. A super way to get your workout in before you find an excuse. You'll find you have more energy throughout the day, and be glad you got out of bed in time to get in shape. ***Use with punch card.**

Monday, Wednesday, & Friday, 8:15am - 9:00am
Ongoing at the Dorothy Hart Community Center
Instructor: Pam Wrobel, ACE & CPR certified

Interval Workout

We'll do a warm-up before engaging in a cardio / weight work-out. Alternating between the cardio and the weights, we'll have fun using free weights, bands, balls or step followed by a floor workout for your abs. We'll finish up with stretching and a cool down. ***Use with punch card.**

Monday, Wednesday, & Friday, 9:05am -10:00am
Ongoing at the Dorothy Hart Community Center
Instructor: Pam Wrobel, ACE & CPR certified

Strengthen, Tone & Sculpt

If you want strong bones and to build muscles that burn fat, then come join us. We work on our entire body - upper body, lower body and abs, utilizing free weights, flexball, exercise tubes and more for a total body shaping experience. ***Use with punch card.**

Monday and Wednesday, 6:00pm - 6:55pm
Ongoing at the Dorothy Hart Community Center
Instructor: Pam Wrobel, ACE & CPR cert.

Gentle Stretch

This class will consist of stretching techniques and gentle movement that will help your flexibility and balance as well as your overall well being. Need to purchase punch card for this class.

Tuesday & Thursday, 8:15am -9:00am
Ongoing at the Dorothy Hart Community Center
Instructor: Pam Wrobel, ACE & CPR certified

Strength & Stretch for Active Older Adults

A TWO-PART CLASS MODIFIED FOR ACTIVE OLDER ADULTS. The first half-hour consists of modified weight training for more mature adults who desire to gain muscle and bone strength. We will help you burn fat and decrease bone loss. The second half-hour consists of flexibility training and balance through stretching techniques, including yoga and pilates. By gaining strength and flexibility you will improve your overall well being. ***Use with punch card.**

Tuesday & Thursday, 1:00pm - 1:55pm
Ongoing at the Dorothy Hart Community Center
Instructor: Theresa Powel

Step Aerobics

This high-energy class will challenge any step enthusiast with an aerobic-paced "warm-up", step excitement and right through the toning-oriented "cool down". It's a fast-paced, nonstop program packed with interesting choreography and upbeat music. Tammy's energized style will keep you motivated but not frustrated. Come join this fun class. You'll pack maximum fat burning into even the busiest schedule. ***Use with punch card.**

Tuesday and Thursday, 6:30pm - 7:25pm
Ongoing at the Dorothy Hart Community Center
Instructor: Tammy Vuolo, ACE & CPR certified

FITNESS & DANCE CONTINUED...

Aerobic Classes

We offer ongoing aerobic classes at the Community Center. Review this schedule and the previous page for descriptions.
Purchase a PUNCHCARD for these ongoing aerobics classes.

FEE SCHEDULE:

12 classes: \$37 City or Non-City

24 classes: \$60 City or Non-City



(Ages: 15 yrs and older)

* As always, we invite you to try any of our classes for the first time FREE! To suit your life-style, we have a punch card system for aerobics that's easy and convenient to use. Just purchase a card for either 12 or 24 classes, then YOU pick the classes you attend. You have up to 8 weeks to use the 12 class punch card, and 15 weeks to use the 24 class punchcard. You only use a "punch" when you attend a class. See how easy we've made it to get in shape?!

Monday	Tuesday	Wednesday	Thursday	Friday
8:15-9:00am Early AM Sculpt/Tone Instr: Wrobel	8:15-9:00am Gentle Stretch Instr: Wrobel	8:15-9:00am Early AM Sculpt/Tone Instr: Wrobel	8:15-9:00am Gentle Stretch Instr: Wrobel	8:15-9:00am Early AM Sculpt/Tone Instr: Wrobel
9:05-10:00am Interval Workout Instr: Wrobel		9:05-10:00am Interval Workout Instr: Wrobel		9:05-10:00am Interval Workout Instr: Wrobel
	1:00-1:55pm Strength & Stretch for Active Older Adults Instr: Powell		1:00-1:55pm Strength & Stretch for Active Older Adults Instr: Powell	
6:00-6:55pm Strength/Tone/Sculpt Instr: Wrobel	6:30-7:25pm Step Aerobics Instr: Vuolo	6:00-6:55pm Strength/Tone/Sculpt Instr: Wrobel	6:30-7:25pm Step Aerobics Instr: Vuolo	

Fitness in Motion Classes

You must pre-register for these classes separately. NO punchcards to attend these classes.

Class dates and fees are listed with individual class descriptions. Many of these classes have limited space

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					10:00-12:00pm Karate Instr: Morton
5:30-6:30pm Karate Instr: Morton		5:30-6:30pm Karate Instr: Morton		12:30-3:00pm Line Dance Instr: Conlin	
				6:30-7:30pm 7:35-8:35pm 8:40-9:40pm Tai Chi Instr: Riley	

FITNESS & DANCE CONTINUED...

TO-DO

Find a party location!!!

call parks and rec

what do they have?

✓ Park?? Picnic??

✓ Indoor space??

✓ kickball or other game??

what do we want to do???

**Looking for a place for your
next party or event?**

We can help!

**Whether you're looking for park or picnic
space, indoor space, or athletic areas, we
have something for everyone!**

**We have a place for any
occassion!**

**For more information,
please contact us at
(540) 372-1086 x201
or visit us at
www.fredericksburgva.gov/PR/index.htm**

Get Fit With Your Kids...

Join our Karate and Fencing classes and play... learn... get fit... together! See page 13 for Fencing Classes.

Isshinryu Karate

(Ages: 8 to Adult) A super program for adults and children alike (you must be at least 8 years old) to help develop coordination, muscle tone, and self-confidence. Mike does more than teach the basic karate movements; he also works on discipline and respect for others. It's a fun, inexpensive way to experience all the value of a martial arts program. And parents, you can take it with your kids — you'll both have fun, and learn something too! No class on January 19 and February 16

Evening Karate

2530.201 M W, 12-Jan to 25-Feb 5:30 PM - 6:30 PM

2530.305 M W, 6-Apr to 13-May 5:30 PM - 6:30 PM

Saturday Karate

2530.203 Sa, 17-Jan to 21-Feb 10:00 AM - 12:00 PM

2530.314 Sa, 7-Mar to 11-Apr 10:00 AM - 12:00 PM

2530.313 Sa, 18-Apr to 30-May 10:00 AM - 12:00 PM

Community Center Instructor: Morton, Mike
\$35 City, \$45 Non-City Resident
Registration Begins: 1/6 City 1/13 Non-City

Junior Karate

(Ages: 5 to 7yrs) Our Junior Karate class is a great introduction into the world of martial arts for your child age 5-7. It's also an excellent way to develop self-confidence, balance, coordination, and discipline. Register early, class size is limited. No class Jan 19 or Feb. 16.

2520.201 M W, 12-Jan to 25-Feb 4:30 PM - 5:15 PM

2520.306 M W, 6-Apr to 13-May 4:30 PM - 5:15 PM

Community Center Instructor: Morton, Mike
\$35 City, \$45 Non-City Resident
Registration Begins: 1/6 City 1/13 Non-City

We missed you...

Each class has a limited number of spaces - which may fill quickly. And on those classes that haven't already filled -- we may cancel due to lack of enrollment. Either way those who were planning to sign up at a later date miss out!! Don't wait to sign up!

FITNESS & DANCE CONTINUED...

A New Year... A New You!

Get fit AND have fun with
Fredericksburg Parks &
Recreation.

It's easy to be active with all the
choices on these pages. Bring a
friend... or make new friends while
you're here.
Don't wait... Sign up today.

Round Dance

Round Dancing is a fun, social activity, where couples
dance synchronously in a circle around a dance hall to
cued choreographed routines. Singles and "2-left feet"
people are welcome! Please wear soft-soled shoes to
protect the wood floor as well as for dancing ease.

Meets Weekly, Mondays, 7:00pm - 9:15pm
\$5 City or Non-City per person per week, register weekly
Dorothy Hart Community Center
Instructors: Joe Dungan
Registration is ongoing. Just show up to get started.

HAVE IDEAS?

DO YOU HAVE A TALENT YOU'D LIKE TO
SHARE? OR AN IDEA FOR A NEW CLASS OR
PROGRAM? KNOW SOMEONE WHO'D
MAKE A GREAT INSTRUCTOR?

**WE ARE ALWAYS LOOKING FOR
NEW PROGRAM IDEAS AND
CLASS INSTRUCTORS!**

CONTACT JOANNE JONES IF YOU'VE GOT
IDEAS OR TALENT TO SHARE!

FLEXIBLE CLASS SCHEDULES - DAYS, NIGHTS,
AND EVEN WEEKENDS ● MULTIPLE PAY
SCHEDULES/FORMATS

JOANNE JONES: 372.1086 x217

**HELP SAVE
OUR FLOORS!**

**Please wear soft-soled shoes when taking
dance classes at the Community Center.**

Line Dance

(Ages: 16 to Adult)
Love to dance, but don't have a partner? Well, in Linda's
Line Dance classes you don't need one! You can get
some great exercise without "working out." From 12:30 -
1:30pm Linda teaches low impact line dances with
variations that are great for first time dancers and
Senior Citizens. From 1:30pm - 3:00pm she teaches
moderate to high impact line dances for those people
with more experience. No Partner or experience
needed. Variations are shown, so you can pick your
own pace & style. Wear light comfortable clothes and
tennis shoes.

DROP-IN ANYTIME!

Fridays, 2-Jan to 27-May
12:30pm - 1:30pm - Low Impact
1:30pm - 3:00pm - Moderate & High Impact
\$4 City or Non-City Resident per week per person
Dorothy Hart Community Center
Instructor: Linda Conlin
Register on a weekly basis.

FITNESS & DANCE CONTINUED...

Belly Dance Basics I w/ Anthea

(Ages: 12 to Adult) For Fun or Fitness! "Belly-robics" warm up. Introduction to Anthea's unique and effective teaching method. Basic isolations and step patterns in combinations get you dancing right away. No experience necessary.

3722.214 Th, 15-Jan to 29-Jan 7:30 PM - 8:30 PM
3722.218 Th, 5-Feb to 26-Feb 7:30 PM - 8:30 PM
3722.334 Th, 5-Mar to 26-Mar 7:30 PM - 8:30 PM
3722.320 Th, 2-Apr to 23-Apr 7:30 PM - 8:30 PM
3722.309 Th, 7-May to 28-May 7:30 PM - 8:30 PM
Community Center Instructor: Poole, Anthea
Class \$37 City, \$48 Non-City Resident
Jan. class only: \$28 City, \$39 Non-City Resident
Registration Begins: 1/6 City 1/13 Non-City

Intermediate Belly Dance

(Ages: 12 to Adult) Continue from Basics II. For the dedicated dancer, home practice required. Wonderful opportunity to study with a nationally known teacher and performer. Develop advanced technique and skills including Finger Cymbals. Enroll by instructor approval.

3722.220 W, 14-Jan to 28-Jan 7:00 PM - 8:00 PM
3722.221 W, 4-Feb to 25-Feb 7:00 PM - 8:00 PM
3722.341 W, 4-Mar to 25-Mar 7:00 PM - 8:00 PM
3722.342 W, 1-Apr to 22-Apr 7:00 PM - 8:00 PM
3722.405 W, 13-May to 3-Jun 7:00 PM - 8:00 PM
Community Center Instructor: Poole, Anthea
Class \$39 City, \$50 Non-City Resident
Jan. class only: \$30 City, \$41 Non-City Resident
Registration Begins: 1/6 City 1/13 Non-City

Belly Dance Basics 2 w/ Anthea

(Ages: 12 to Adult) Continue from Basics 1 for more fun or fitness! "Belly-robics" warm up. Foundation topics include: Oriental choreography; Tribal Odyssey Level 1. Enroll by instructor approval.

3722.216 Th, 15-Jan to 29-Jan 8:30 PM - 9:30 PM
3722.217 Th, 5-Feb to 26-Feb 8:30 PM - 9:30 PM
3722.300 Th, 5-Mar to 26-Mar 8:30 PM - 9:30 PM
3722.345 Th, 2-Apr to 23-Apr 8:30 PM - 9:30 PM
3722.337 Th, 7-May to 28-May 8:30 PM - 9:30 PM
Community Center Instructor: Poole, Anthea
Class \$37 City, \$48 Non-City Resident
Jan. class only: \$28 City, \$39 Non-City Resident
Registration Begins: 1/6 City 1/13 Non-City

Advanced Belly Dance

(Ages: 12 to Adult) Continue from Intermediate. For the dedicated dancer, home practice required. Choreography, composition; in-depth music and rhythms. Enrollment by recommendation of the instructor.

3722.227 W, 14-Jan to 28-Jan 8:00 PM - 9:00 PM
3722.228 W, 4-Feb to 25-Feb 8:00 PM - 9:00 PM
3722.346 W, 4-Mar to 25-Mar 8:00 PM - 9:00 PM
3722.347 W, 1-Apr to 22-Apr 8:00 PM - 9:00 PM
3722.348 W, 6-May to 27-May 8:00 PM - 9:00 PM

Community Center Instructor: Poole, Anthea
Class \$39 City, \$50 Non-City Resident
Jan. class only: \$30 City, \$41 Non-City Resident
Registration Begins: 1/6 City 1/13 Non-City

Anthea (Kawakib)'s primary focus is dance, specializing in professional performing & teaching.

As a dancer, she's recognized for her warm, elegant style and instinctive interpretation of the music in rhythm and movement. Her precise technique and attention to detail not only make her a popular performer, but enable her to effectively pass on her knowledge to other dancers. Her professional experience and teaching methodology have been recognized by the National Association for Teaching Certification in Middle Eastern Dance. Anthea has been teaching regular, weekly classes throughout Virginia since 1988.

**ALL CLASSES FILL ON A FIRST-COME, FIRST-SERVED BASIS.
DON'T WAIT... REGISTER TODAY!**